Abstract

Title: ACL injuries in female soccer players and possible prevention

Objectives: The aim of this work is to compile a test battery that becomes a tool to detect and forecast potential injury to the anterior cruciate ligament in women playing football. It should also serve to reduce the total average number of injuries in women's football.

Methods: The theoretical part of the thesis is elaborated using literary research. The starting point is available foreign literature, technical articles and foreign studies. I focused mainly on articles related to primary prevention in women ACL.

Results: Among the highest risk factors we include join laxity (flexibility), insufficient muscle strength of lower limbs, weakened deep stabilizing system, functional ration of muscle strength on the back and front of the thigh, technique of landing, valgus position of knee joint, poor level of football skills and fatigue. We designed motoric tests that reveal a deficit for given area and we compiled a test battery which enables early diagnosis. Motoric tests that form designed test battery are active raise leg, deep squat, rotational stability, extensional test, hurdle step, test of knee joint valgus position and agility test.

Keywords: women’s soccer, injury, prevention, ACL, diagnostics